



GEORGIA'S Nuts About Health

November is Diabetes Month.

Diabetes is a major health concern, affecting 700,000 people across the state of Georgia.

Almost one-third of these men and women have no idea they have diabetes, which means they're not being monitored, and they aren't getting the care needed to prevent their condition from getting worse.

Could you be one of them?

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IMPORTANT DATES

Open Enrollment

October 9 – November 10

ANNOUNCEMENTS

Check out the new pre-enrollment website,
www.welcometomyuhc.com/SHBP

Some diabetes symptoms include:

- Increased fatigue
- Extreme hunger
- Excessive thirst
- Frequent urination (especially needing to get up during the night)
- Blurred vision
- Irritability
- Weight loss or weight gain
- Slow healing of cuts and sores

Talk to your doctor if you have any of these symptoms.



Get a routine physical every year to help identify any health risks. Preventive services and early detection not only helps save lives but also and saves time and money.

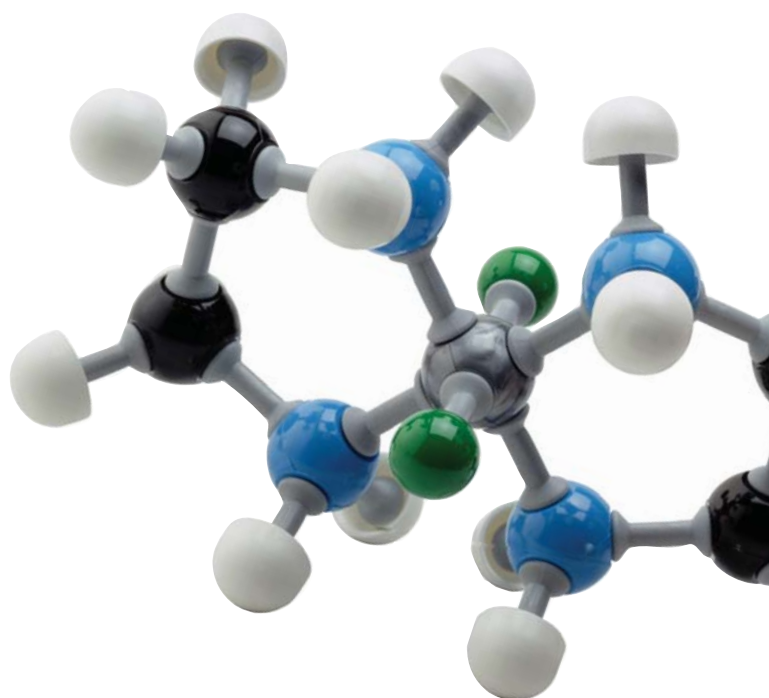
Disease Management Program

Already diagnosed with diabetes? Enroll in the diabetes disease management program and work one-on-one with a nurse who can help make sure you are getting the care you need. Your nurse is available to answer questions about diagnosis, medication, or symptoms you may experience and can help you find resources in your area. This service is available to State Health Benefit Plan members at no additional charge. Call Customer Care to find out more information and how to enroll.

Did you know? African Americans are more likely than whites (non-Hispanic) to have diabetes. Learn more about health risks and view information and tools that speak specifically to African American cultural needs at www.uhc.com/generations_of_wellness.htm.

NurseLine

If you have questions about diabetes, you can call NurseLine and speak to a registered nurse. Available 24 hours a day, 7 days a week, nurses can help you make smart health care decisions. One toll free number connects you with a registered nurse who can assist you and your family with a wide range of health care questions and concerns. You can reach NurseLine at **866-696-5846**.



Please visit
www.nutsabouthealth.ga.gov
to view current issues of this publication.

Important contact information

Where to go when you want information

Customer Care HRA HMO, PPO, HDHP, OAP TDD	800-396-6515 877-246-4189 800-255-0056
Nurseline	866-696-5846
Disease Management Programs	877-246-4189
Health Coaches	800-478-1057
Address Change	www.dch.georgia.gov/shbp_plans Print misc/change form and submit to payroll manager



The Connection will be made available monthly at the myuhc.com site (www.myuhc.com/groups/gdch) and at www.dch.georgia.gov/shbp_plans to all State employees who are members of the UnitedHealthcare State of Georgia Health Benefit Plan.

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UnitedHealth WellnessSM is a collection of programs and services offered to UnitedHealthcare enrollees to help them stay healthy. It is not an insurance product but is offered to existing enrollees of certain products underwritten or provided by UnitedHealthcare Insurance Company or its affiliates to encourage their participation in wellness programs. Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. Therefore, some services may not be included in some programs due to state regulations. Some UnitedHealth Wellness programs and services may not be included in all medical plans for all customers and individuals.

Insurance coverage provided by or through UnitedHealthcare Insurance Company. Health Plan coverage provided by or through United HealthCare of Georgia, Inc.

